

Easy Steps to Advocate for 5 a Day and Physical Activity in Your Community

1. **Bring together a group** of 5 to 10 people who are interested in advocating for 5 a Day and physical activity in your community. It would be ideal if you could continue to work with your group from class. If this is not possible, bring together friends, family members, neighbors or co-workers.

2. **Determine what you want** to advocate for in your community. Choose one thing in your community that could increase fruit and vegetable consumption and one thing that could increase physical activity.

Here are a few examples of things you can advocate for in your community to increase fruit and vegetable consumption:

- Request that fast food restaurants in your community serve more fruits and vegetables at reasonable prices.
- Urge your local grocery store to sell quality fruits and vegetables at affordable prices.
- Request the establishment of a farmers' market in your community.
- Request that a community garden be placed in your neighborhood so that you and your neighbors can grow your own fruits and vegetables.

Here are a few examples of things you can advocate for in your community to increase physical activity:

- Work with local law enforcement to have a safe walking zone in your community.
- Request that the Department of Transportation construct bicycle lanes in your community so that you and your neighbors will be able to ride your bicycles safely.

- Work with your local schools to provide after-hours and weekend access to recreation facilities, gyms, and/or soccer fields.
- Work with the Department of Parks and Recreation to upgrade walking paths in your community park.

3. **Work with your group to create a clear and concise problem statement** for your 5 a Day and physical activity issues.

Here are examples of 5 a Day problem statements:

- The fast food restaurants in our neighborhood do not serve fruits and vegetables at reasonable prices.
- The grocery store(s) in our neighborhood do not sell quality fruits and vegetables at affordable prices.
- There is not a farmers' market in our neighborhood.
- There is not a community garden in our neighborhood.

Here are examples of physical activity problem statements:

- Our neighborhood does not have safe areas where we can walk with our family members and friends.
- Our neighborhood does not have bicycle lanes, which makes it unsafe for us to ride our bicycles.
- Our local schools do not provide after-hours and weekend access to recreation facilities, gyms and/or soccer fields.
- The walking path in our neighborhood park is unsafe and difficult to walk on, because it is littered with trash.

Once your group has developed the problem statement, make sure all group members agree with the statement.

4. **Work with your group to list the steps** that will be taken to solve the 5 a Day and physical activity problems in your community. Once the group has completed the steps, make sure all group members agree with the solutions.
5. **Bring other people into your group** who can help solve the 5 a Day and physical activity problems and help advocate for your solutions. You may want to enlist the help of community leaders, local business owners, and local government agencies.
6. **Let appropriate decision-makers know** about the 5 a Day and physical activity problems that your group would like to solve. Make sure you clearly communicate your problem statements and steps needed to solve the problems.

Using the examples shown in steps 2 and 3, here are examples of decision-makers for the 5 a Day issues:

- Fast food restaurant owners, California Restaurant Association, and city and/or county officials.
- Grocery store owners, local distributors and wholesalers of fruits and vegetables, local farmers, and city and/or county officials.
- City and/or county officials, local farmers and farmer organizations, and representatives of the California Department of Food and Agriculture.

- Representatives of the Department of Parks and Recreation and the University of California Cooperative Extension.

Using the examples shown in steps 2 and 3, here are examples of decision-makers for the physical activity issues:

- Local law enforcement and city and/or county officials.
- Representatives of the Department of Transportation.
- School Principals and the District Superintendent.
- Representatives of the Department of Parks and Recreation.

Continue to discuss and advocate for your 5 a Day and physical activity solutions until a reasonable outcome is achieved.

To get more help in advocating for 5 a Day and physical activity in your community, visit the Center for Collaborative Planning Web site at <http://www.connectccp.org>. To get help in establishing a farmers' market in your community, visit <http://www.ams.usda.gov> and click on farmers markets.

5 a Day Community Assessment

Access to Fruits and Vegetables

This assessment will help you determine what is available in your community and what is needed to access quality fruits and vegetables. Take a walk through your community and fill out the *5 a Day Community Assessment*. After you have completed the assessment, you can use the information to educate your friends, family members, neighbors, and local government officials about what is needed in your community to make it easier to eat more fruits and vegetables.

Instructions:

For each question, mark “yes” if the 5 a Day resource is available in your community; “yes, but there are some problems” if the 5 a Day resource is available in your community, but it needs some improvements; and “no” if it does not exist in your community. If your community has the 5 a Day resource, use the following rating scale to evaluate its overall condition. If your community does not have the 5 a Day resource, skip to the next question and leave the rating scale blank.

Rating Scale:

1 = Awful 2 = Many problems 3 = Some problems 4 = Good 5 = Very good 6 = Excellent

1. Is there a grocery store in your community?

- ☐ Yes ☐ No
- ☐ Yes, but there are some problems:
(Mark all that apply)
- ☐ The fruits and vegetables are too expensive
 - ☐ The fruits and vegetables are poor quality
 - ☐ The store does not have a good selection of fruits and vegetables
 - ☐ The store mostly sells fruits and vegetables that I am unfamiliar with
 - ☐ The store does not accept food stamps or WIC coupons
 - ☐ The store is not within walking distance of my home
 - ☐ I need my own car to get to the store and I don't own one
 - ☐ I cannot take public transportation to the store
 - ☐ Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

2. Is there a farmers' market in your community?

- ☐ Yes ☐ No
- ☐ Yes, but there are some problems:
(Mark all that apply)
- ☐ The fruits and vegetables are too expensive
 - ☐ The fruits and vegetables are poor quality
 - ☐ The market does not have a good selection of fruits and vegetables
 - ☐ The market mostly sells fruits and vegetables that I am unfamiliar with
 - ☐ The market does not accept food stamps or WIC coupons
 - ☐ The market is not within walking distance of my home
 - ☐ I need my own car to get to the market and I don't own one
 - ☐ I cannot take public transportation to the market
 - ☐ Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

3. Is there a flea market or swap meet in your community that sells fruits and vegetables?

- ☐ Yes ☐ No
- ☐ Yes, but there are some problems:
(Mark all that apply)
- ☐ The fruits and vegetables are too expensive
 - ☐ The fruits and vegetables are poor quality
 - ☐ The market/swap meet does not have a good selection of fruits and vegetables
 - ☐ The market/swap meet mostly sells fruits and vegetables that I am unfamiliar with
 - ☐ The market/swap meet does not accept food stamps or WIC coupons
 - ☐ The market/swap meet is not within walking distance of my home
 - ☐ I need my own car to get to the market/swap meet and I don't own one
 - ☐ I cannot take public transportation to the market/swap meet
 - ☐ Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

4. Is there a convenience store in your community that sells fruits and vegetables?

- ☐ Yes ☐ No
- ☐ Yes, but there are some problems:
(Mark all that apply)
- ☐ The fruits and vegetables are too expensive
 - ☐ The fruits and vegetables are poor quality
 - ☐ The store does not have a good selection of fruits and vegetables
 - ☐ The store mostly sells fruits and vegetables that I am unfamiliar with
 - ☐ The store does not accept food stamps or WIC coupons
 - ☐ The store sells only fruit and vegetable juice
 - ☐ The store is not within walking distance of my home
 - ☐ I need my own car to get to the store and I don't own one
 - ☐ I cannot take public transportation to the store
 - ☐ Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

5. Is there a community garden where you can grow your own fruits and vegetables?

- ☐ Yes ☐ No
- ☐ Yes, but there are some problems:
(Mark all that apply)
- ☐ The garden does not have flexible hours
 - ☐ The garden does not have any available space
 - ☐ The garden is full of litter
 - ☐ The soil in the garden is contaminated
 - ☐ The garden is not located in a safe area
 - ☐ The garden is not within walking distance of my home
 - ☐ I need my own car to get to the garden and I don't own one
 - ☐ I cannot take public transportation to the garden
 - ☐ Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

6. Is there a food bank in your community?

- ☐ Yes ☐ No
- ☐ Yes, but there are some problems:
(Mark all that apply)
- ☐ The food bank does not have flexible hours
 - ☐ The food bank does not offer an adequate amount of fruits and vegetables
 - ☐ The food bank offers poor quality fruits and vegetables
 - ☐ The food bank is not in a safe area
 - ☐ The food bank is not within walking distance of my home
 - ☐ I need my own car to get to the food bank and I don't own one
 - ☐ I cannot take public transportation to the food bank
 - ☐ Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

7. Are there restaurants in your community that have fruit and vegetable options on their menus?

- ☐ Yes ☐ No
- ☐ Yes, but there are some problems:
- (Mark all that apply)
- ☐ The fruit and vegetable choices are limited
 - ☐ The restaurants charge more for fruit and vegetable juice
 - ☐ The restaurants charge more when fruits and vegetables are substituted for other side dishes
 - ☐ The fruits and vegetables are poor quality
 - ☐ The restaurants only serve canned fruits and vegetables
 - ☐ The fruit and vegetable menu options are more expensive
 - ☐ The only options for eating fruits and vegetables are the salad bars
 - ☐ The restaurants are not within walking distance of my home
 - ☐ I need my own car to get to the restaurants and I don't own one
 - ☐ I cannot take public transportation to the restaurants
 - ☐ Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6



Physical Activity Community Assessment

Access to Physical Activity Opportunities

This assessment will help you determine what is available in your community and what is needed to access quality physical activity opportunities. Take a walk through your community and fill out the *Physical Activity Community Assessment*. After you have completed the assessment, you can use the information to educate your friends, family members, neighbors, and local government officials about what is needed in your community to make it easier to do more physical activity.

Instructions:

For each question, mark “yes” if the physical activity resource is available in your community; “yes, but there are some problems” if the physical activity resource is available in your community, but it needs some improvements; and “no” if it does not exist in your community. If your community has the physical activity resource, use the following rating scale to evaluate its overall condition. If your community does not have the physical activity resource, skip to the next question and leave the rating scale blank.

Rating Scale:

1 = Awful 2 = Many problems 3 = Some problems 4 = Good 5 = Very good 6 = Excellent

1. Are there walking paths in your community?

- ☐ Yes ☐ No
- ☐ Yes, but there are some problems:
(Mark all that apply)
- ☐ The paths are located in unsafe areas
 - ☐ The paths need to be repaired
 - ☐ The paths are littered with trash
 - ☐ The paths are not well lit
 - ☐ The paths are overcrowded with people
 - ☐ The paths are not within walking distance of my home
 - ☐ I need my own car to get to the paths and I don't own one
 - ☐ I cannot take public transportation to the paths
 - ☐ Other problems (please describe)
-
-

Rating: (circle one)

1 2 3 4 5 6

2. Is there a public swimming pool in your community?

- ☐ Yes ☐ No
- ☐ Yes, but there are some problems:
(Mark all that apply)
- ☐ The pool is not open on the weekends
 - ☐ The pool is not open in the evenings
 - ☐ The pool is only open in the summer
 - ☐ The pool is outdoors and is not heated
 - ☐ The admission fee is too expensive
 - ☐ I do not know how to swim and the pool facility does not offer classes
 - ☐ The pool does not have a place to swim laps
 - ☐ The pool is overcrowded with people
 - ☐ The pool is located in an unsafe area
 - ☐ The pool is not within walking distance of my home
 - ☐ I need my own car to get to the pool and I don't own one
 - ☐ I cannot take public transportation to the pool
 - ☐ Other problems (please describe)
-
-

Rating: (circle one)

1 2 3 4 5 6

3. Is there a recreation center open to the public in your community?

- ☐ Yes ☐ No
- ☐ Yes, but there are some problems:
(Mark all that apply)
- ☐ The center is not open on the weekends
 - ☐ The center is not open in the evenings
 - ☐ The center is only open in the summer
 - ☐ The center does not have any activities I like
 - ☐ The center has hours that do not fit into my schedule
 - ☐ The center is located in an unsafe area
 - ☐ The center is run down and needs to be repaired
 - ☐ The center is overcrowded with people
 - ☐ The center is not within walking distance of my home
 - ☐ I need my own car to get to the center and I don't own one
 - ☐ I cannot take public transportation to the center
 - ☐ Other problems (please describe)
-
-

Rating: (circle one)

1 2 3 4 5 6

4. Are there bicycle lanes on the streets in your community?

- ☐ Yes ☐ No
- ☐ Yes, but there are some problems:
(Mark all that apply)
- ☐ The bicycle lanes on the street need to be repainted
 - ☐ Only some streets have bicycle lanes
 - ☐ There are no bicycle lanes on the street where I live
 - ☐ The bicycle lanes are not wide enough
 - ☐ Cars in my community drive too close to the bicycle lanes
 - ☐ Other problems (please describe)
-
-

Rating: (circle one)

1 2 3 4 5 6

5. Are there any bicycle trails in your community?

- ☐ Yes ☐ No
- ☐ Yes, but there are some problems:
(Mark all that apply)
- ☐ The trails are located in unsafe areas
 - ☐ The trails need to be repaired
 - ☐ The trails are littered with trash
 - ☐ The trails are not well lit
 - ☐ The trails are overcrowded with people
 - ☐ The trails are not near my home
 - ☐ I need my own car to get to the trails and I don't own one
 - ☐ I cannot take public transportation to the trails
 - ☐ Other problems (please describe)
-
-

Rating: (circle one)

1 2 3 4 5 6

6. Are there parks, sports fields, and/or playgrounds in your community?

- ☐ Yes ☐ No
- ☐ Yes, but there are some problems:
(Mark all that apply)
- ☐ They are located in unsafe areas
 - ☐ They do not have good lighting
 - ☐ They are old and need to be repaired
 - ☐ The children's play structures are broken and dangerous
 - ☐ They are littered with trash
 - ☐ They are not open in the evenings
 - ☐ They are overcrowded with people
 - ☐ They are not within walking distance of my home
 - ☐ I need my own car to get to the parks/sports fields/playgrounds and I don't own one
 - ☐ I cannot take public transportation to the parks/sports fields/playgrounds
 - ☐ Other problems (please describe)
-
-

Rating: (circle one)

1 2 3 4 5 6

7. Do the schools in your community offer after-hours access to their sports fields and/or gyms?

- ☐ Yes ☐ No
- ☐ Yes, but there are some problems:
(Mark all that apply)
- ☐ They are not open on the weekends
 - ☐ They are not open in the evenings
 - ☐ They have hours that do not fit into my schedule
 - ☐ They are only open in the summer
 - ☐ The sports fields/gyms are in poor condition
 - ☐ Only students can use the sports fields/gyms
 - ☐ The sports fields/gyms are overcrowded
 - ☐ The schools are located in unsafe areas
 - ☐ The schools that are open are not within walking distance of my home
 - ☐ I need my own car to get to the schools and I don't own one
 - ☐ I cannot take public transportation to the schools
 - ☐ Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

8. Does your community offer any physical activity programs?

- ☐ Yes ☐ No
- ☐ Yes, but there are some problems:
(Mark all that apply)
- ☐ The programs are only available in the summer
 - ☐ The programs are only available during the week
 - ☐ The programs are only offered when I am working
 - ☐ The programs are only for children
 - ☐ The programs are too expensive
 - ☐ The programs that are offered do not interest me
 - ☐ The programs are not within walking distance of my home
 - ☐ I need my own car to get to the programs and I don't own one
 - ☐ I cannot take public transportation to the programs
 - ☐ Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

Walkability Checklist

How walkable is your community?

Take a walk with a family member or friend and decide for yourselves.

Everyone benefits from walking. But walking needs to be safe and easy. Take a walk with a family member or friend, and use this checklist to decide if your neighborhood is a friendly place to walk. Take heart if you find problems, there are ways you can make things better.



Getting started

First, you'll need to pick a place to walk, like the route to school, a friend's house, the grocery store, the park or just somewhere fun to go.

The second step involves the checklist. Read over the checklist before you go, and as you walk, note the locations of things you would like to change. At the end of your walk, give each question a rating. Then add up the numbers to see how you rated your walk overall.

After you've rated your walk and identified any problem areas, the next step is to figure out what you can do to improve your community's score. You'll find both immediate answers and long-term solutions under "Improving Your Community's Score..." on the third page.

How walkable is your community?

Take a walk and use this checklist to rate your neighborhood's walkability.

Location of walk _____

Rating Scale: 1 (Awful) 2 (Many Problems) 3 (Some Problems) 4 (Good) 5 (Very Good) 6 (Excellent)

1. Did you have room to walk?

- ☐ Yes ☐ Some problems (mark all that apply):
- ☐ Sidewalks or paths started and stopped
 - ☐ Sidewalks were broken or cracked
 - ☐ Sidewalks were blocked with poles, signs, shrubbery, dumpsters, etc.
 - ☐ No sidewalks, paths, or shoulders
 - ☐ Too much traffic
 - ☐ Something else _____

Location of problems: _____

Rating: (circle one) 1 2 3 4 5 6

2. Was it easy to cross streets?

- ☐ Yes ☐ Some problems (mark all that apply):
- ☐ Road was too wide
 - ☐ Traffic signals made us wait too long or did not give us enough time to cross
 - ☐ Needed striped crosswalks or traffic signals
 - ☐ Parked cars blocked our view of traffic
 - ☐ Trees or plants blocked our view of traffic
 - ☐ Needed curb ramps or ramps needed repair
 - ☐ Something else _____

Location of problems: _____

Rating: (circle one) 1 2 3 4 5 6

3. Did drivers behave well?

- ☐ Yes ☐ Some problems (mark all that apply):
- ☐ Backed out of driveways without looking
 - ☐ Did not yield to people crossing the street
 - ☐ Turned into people crossing the street
 - ☐ Drove too fast
 - ☐ Sped up to make it through traffic lights or drove through traffic lights
 - ☐ Something else _____

Location of problems: _____

Rating: (circle one) 1 2 3 4 5 6

4. Was it easy to follow safety rules?

Could you and your family member or friend...

- ☐ Yes ☐ No Cross at crosswalks or where you could see and be seen by drivers?
- ☐ Yes ☐ No Stop and look left, right and then left again before crossing streets?
- ☐ Yes ☐ No Walk on sidewalks or shoulders facing traffic where there were no sidewalks?

☐ Yes ☐ No Cross with the light?

Location of problems: _____

Rating: (circle one) 1 2 3 4 5 6

5. Was your walk pleasant?

- ☐ Yes ☐ Some unpleasant things (mark all that apply):
- ☐ Needed more grass, flowers, or trees
 - ☐ Scary dogs
 - ☐ Scary people
 - ☐ Not well lighted
 - ☐ Dirty, lots of litter or trash
 - ☐ Something else _____

Location of problems: _____

Rating: (circle one) 1 2 3 4 5 6

How does your neighborhood stack up?

Add up your ratings and decide.

Questions 1-5 Ratings Total: _____

- 26-30 Celebrate! You have a great neighborhood for walking.
- 21-25 Celebrate a little. Your neighborhood is pretty good.
- 16-20 Okay, but it needs some work.
- 11-15 There are some major problems that need to be addressed. Work with your neighbors to address them.
- 5-10 The problems are severe and need to be brought to the attention of your local leaders. Work with your neighbors to organize a plan of action.

Improving your community's score...

Now that you know the problems, you can find the answer.

1. Did you have room to walk?	What you and your family member or friend can do now	What you and your community can do with more time
<p>Sidewalks or paths started and stopped</p> <p>Sidewalks broken or cracked</p> <p>Sidewalks blocked</p> <p>No sidewalks, paths or shoulders</p> <p>Too much traffic</p>	<ul style="list-style-type: none"> • pick another route for now • tell local traffic engineering or public works department about specific problems and provide a copy of the checklist 	<ul style="list-style-type: none"> • speak up at board meetings • write or petition the city for walkways and gather neighborhood signatures • make media aware of problem • work with a local transportation engineer to develop a plan for a safe walking route
2. Was it easy to cross streets?		
<p>Road too wide</p> <p>Traffic signals made us wait too long or did not give us enough time to cross</p> <p>Crosswalks/traffic signals needed</p> <p>View of traffic blocked by parked cars, trees, or plants</p> <p>Needed curb ramps or ramps needed repair</p>	<ul style="list-style-type: none"> • pick another route for now • share problems and checklist with local traffic engineering or public works department • trim your trees or bushes that block the street and ask your neighbors to do the same • leave nice notes on problem cars asking owners not to park there 	<ul style="list-style-type: none"> • push for crosswalks/signals/parking changes/curb ramps at city meetings • report to traffic engineer where parked cars are safety hazards • report illegally parked cars to the police • request that the public works department trim trees or plants • make media aware of problem
3. Did drivers behave well?		
<p>Backed without looking</p> <p>Did not yield</p> <p>Turned into walkers</p> <p>Drove too fast</p> <p>Sped up to make traffic lights or drove through red lights</p>	<ul style="list-style-type: none"> • pick another route for now • set an example: slow down and be considerate of others • encourage your neighbors to do the same • report unsafe driving to the police 	<ul style="list-style-type: none"> • petition for more enforcement • request protected turns • ask city planners and traffic engineers for traffic calming ideas • ask schools about getting crossing guards at key locations • organize a neighborhood speed watch program
4. Could you follow safety rules?		
<p>Cross at crosswalks or where you could see and be seen</p> <p>Stop and look left, right, left before crossing</p> <p>Walk on sidewalks or shoulders facing traffic</p> <p>Cross with the light</p>	<ul style="list-style-type: none"> • educate yourself and your family members or friends about safe walking • organize parents in your neighborhood to walk children to school 	<ul style="list-style-type: none"> • encourage schools to teach walking safely • help schools start safe walking programs • encourage corporate support for flex schedules so parents can walk children to school
5. Was your walk pleasant?		
<p>Needs grass, flowers, trees</p> <p>Scary dogs</p> <p>Scary people</p> <p>Not well lit</p> <p>Dirty, litter</p>	<ul style="list-style-type: none"> • point out areas to avoid to your family members and friends; agree on safe routes • ask neighbors to keep dogs leashed or fenced • report scary dogs to the animal control department • report scary people to the police • report lighting needs to the police or appropriate public works department • take a walk with a trash bag • plant trees, flowers in your yard 	<ul style="list-style-type: none"> • request increased police enforcement • start a crime watch program in your neighborhood • organize a community clean-up day • sponsor a neighborhood beautification or tree-planting day • begin an adopt-a-street program

Improving your community's score (continued)...

Now that you know the problems, you can find the answer.

A Quick Health Check	What you and your family member or friend can do now	What you and your community can do with more time
<p>Could not go as far or as fast as we wanted</p> <p>Were tired, short of breath or had sore feet or muscles</p>	<ul style="list-style-type: none"> • start with short walks and work up to 30 minutes of walking most days • invite a friend or child along 	<ul style="list-style-type: none"> • get media to do a story about the health benefits of walking • call parks and recreation department about community walks • encourage corporate support for employee walking programs

Great Resources

*Need some guidance?
These resources might help...*

WALKING INFORMATION

Pedestrian and Bicycle Information Center (PBIC)
UNC Highway Safety Research Center
730 Airport Road, Suite 300
Campus Box 3430
Chapel Hill, NC
27599-3430
Phone: (919) 962-2202
www.pedbikeinfo.org
www.walkinginfo.org

National Center for Bicycling and Walking Campaign
to Make America Walkable
1506 21st Street, NW
Suite 200
Washington, DC 20036
Phone: (800) 760-NBPC
www.bikefed.org

WALK TO SCHOOL DAY WEB SITES

USA event: www.walktoschool-usa.org
International: www.iwalktoschool.org

STREET DESIGN AND TRAFFIC CALMING

Federal Highway Administration
Pedestrian and Bicycle Safety Research Program
HSR - 20
6300 Georgetown Pike
McLean, VA 22101

www.fhwa.dot.gov/environment/bikeped/index.htm

Institute of Transportation Engineers
www.ite.org

Surface Transportation Policy Project
www.transact.org

Transportation for Livable Communities
www.tlcnetwork.org

ACCESSIBLE SIDEWALKS

US Access Board
1331 F Street, NW
Suite 1000
Washington, DC 20004-1111
Phone: (800) 872-2253
(800) 993-2822 (TTY)
www.access-board.gov

PEDESTRIAN SAFETY

National Highway Traffic Safety Administration
Traffic Safety Programs
400 Seventh Street, SW
Washington, DC 20590
Phone: (202) 662-0600
www.nhtsa.dot.gov/people/injury/pedbimot/ped

National SAFE KIDS Campaign
1301 Pennsylvania Ave. NW
Suite 1000
Washington, DC 20004
Phone: (202) 662-0600
Fax: (202) 393-2072
www.safekids.org

WALKING AND HEALTH

Center for Disease Control and Prevention
Division of Nutrition and Physical Activity
Phone: (888) 232-4674
www.cdc.gov/nccdphp/dnpa/readysset
www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm

Prevention Magazine
33 East Minor Street
Emmaus, PA 18098
www.itsallaboutprevention.com

Shape Up America!
6707 Democracy Boulevard
Suite 306
Bethesda, MD 20817
www.shapeup.org

WALKING COALITIONS

America Walks
P.O. Box 29103
Portland, Oregon 97210
Phone: (530) 222-1077
www.americawalks.org

Partnership for a Walkable America
National Safety Council
1121 Spring Lake Drive
Itasca, IL 60143-3201
Phone: (603) 285-1121
www.nsc.org/walkable.htm